



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09304, Raspberries, canned, red, heavy syrup pack, solids and liquids

Report Date: July 01, 2017 01:08 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 75.33 | 3 | 0.255 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Energy | kcal | 91 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Energy | kJ | 381 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2007 |
| Protein | g | 0.83 | 3 | 0.095 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Total lipid (fat) | g | 0.12 | 3 | 0.045 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Ash | g | 0.36 | 3 | 0.015 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Carbohydrate, by difference | g | 23.36 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Fiber, total dietary | g | 3.3 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Sugars, total | g | 20.06 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2007 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 11 | 3 | 1.257 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |

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|--------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Iron, Fe | mg | 0.42 | 3 | 0.074 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Magnesium, Mg | mg | 12 | 3 | 0.524 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Phosphorus, P | mg | 9 | 3 | 0.733 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Potassium, K | mg | 94 | 3 | 10.016 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Sodium, Na | mg | 3 | 3 | 0.333 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Zinc, Zn | mg | 0.16 | 3 | 0.026 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Copper, Cu | mg | 0.057 | 3 | 0.018 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Manganese, Mn | mg | 0.233 | 3 | 0.055 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Selenium, Se | µg | 0.1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09302 | 02/2007 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 8.7 | 3 | 0.441 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |

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|---------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Thiamin | mg | 0.020 | 3 | 0.001 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Riboflavin | mg | 0.031 | 3 | 0.003 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Niacin | mg | 0.443 | 3 | 0.058 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Pantothenic acid | mg | 0.245 | 3 | 0.014 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Vitamin B-6 | mg | 0.042 | 3 | 0.005 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Folate, total | µg | 11 | 3 | 0.145 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |
| Folate, food | µg | 11 | 3 | 0.145 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2007 |
| Folate, DFE | µg | 11 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2007 |
| Choline, total | mg | 8.2 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09302 | 02/2007 |
| Vitamin B-12 | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 08/1982 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE | µg | 2 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2007 |

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|------------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2002 |
| Carotene, beta | µg | 12 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09302 | 02/2003 |
| Carotene, alpha | µg | 16 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09302 | 02/2003 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09302 | 02/2003 |
| Vitamin A, IU | IU | 33 | 3 | 14.970 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09302 | 02/2003 |
| Lutein + zeaxanthin | µg | 91 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09302 | 02/2003 |
| Vitamin E (alpha-tocopherol) | mg | 0.59 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09302 | 02/2003 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/2008 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Vitamin K (phylloquinone) | µg | 5.2 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09302 | 02/2003 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.005 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 4:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 6:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |

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| 8:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 10:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 12:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 14:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 16:0 | g | 0.003 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 18:0 | g | 0.001 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Fatty acids, total monounsaturated | g | 0.011 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 18:1 undifferentiated | g | 0.011 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |

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| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Fatty acids, total polyunsaturated | g | 0.068 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 18:2 undifferentiated | g | 0.045 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 18:3 undifferentiated | g | 0.023 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/1995 |
| Fatty acids, total trans | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2015 |
| Cholesterol | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 08/1982 |

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| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2003 |
| Flavonoids | | | | | | | | | | | | | |
| Isoflavones | | | | | | | | | | | | | |
| Daidzein ¹ | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Genistein ¹ | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |
| Total isoflavones ¹ | mg | 0.00 | -- | -- | 0 | 0 | -- | -- | -- | -- | -- | -- | -- |

¹Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331